A

Pocket - Companion;

CONTAINING

Things Neceſſary to be Known,

By all that Values their

Health and **Happineſs**:

BEING

A plain Way of NATURE'S own Preſcribing, to Cure moſt Diſeaſes in Men, Women and Children, by Kitchen-Phyſick only.

To which is Added,

An Account how a Man may Live Well and Plentifully for Two-Pence a day.

Collected from The Good Houſewife made a Doctor, *By* THO. TRYON.

Licenſed,

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Notable Things.

Of Conſumptions.

CONſumptions are Decays of the Radical Moiſture, whereby the natural Heat of the Stomach is ſo weakened, that it cannot make a due Separation of Meats and Drinks received, which cauſes from thence to ariſe abundance of bad Juices or Phlegm; ſo that no good Nouriſhment can be bred, let the Food be never ſo Rich, nor the Drink Cordial, which all People afflicted find by Experience. But theſe Diſtempers proceed likewiſe from various Cauſes. As,

1. From over-charging Nature with too great Quantities of Rich Food: or in Others, by drinking much Brandy, Wine, and ſtrong Drinks, which weakens the natural Heat, and deſtroys the Action of the Stomach. In Others, an idle, ſedentary Courſe of Life, or want of proper Exerciſes; lying in bed too long, too warm Cloathing, and too ſoft Feather or Down Beds, which proves always prejudicial to to the Health of all Perſons. It is cauſed ſometimes by too much frequenting the School of *Venus*, provoking Nature beyond her Ability, and oft-times corrupts her, in her very *Radix*. Young married People, as well as the moſt lewd, are oft caught in this Snare, and let this be a Caution. Others by exceſſive Heats or Colds, Surfeits and the like Accidents: Some by Fevers and long Fits of Sickneſs; to ſome through Melancholly, Grief, or Trouble of Mind, or Deſpair and

Envy. Some have Conſumptions Hereditary, which is the hardeſt of all to cure.

Now when thou findeſt thy ſelf indiſpoſed, and thy Stomach to grow weak, and a general Diſorder to run through thy whole Body, and that thy Strength decays; conſider what it was that cauſed it, whether Temperance, or Intemperance in Meats or Drinks, in reſpect of the Quantity or Quality, as alſo their Exerciſes, and all other Extreams thou haſt inured thy ſelf to: Conſider further, what Air thou haſt lived in, where the Diſeaſe was bred, and by this means thou mayeſt gueſs at the Cauſe of thy Diſtemper. And when this is done, thou oughteſt gradually to alter for the better, the whole Courſe of thy Life; not in the nature and quality of the Meats and Drinks only, but in their quantity; as alſo thy Exerciſes and the Air, as far as the Condition of thy Life will admit thereof: for change of Food, Exerciſes, and Airs, work wonders. If withal, you betake your ſelves to meer ſimple Meats and Drinks that are eaſier of Concoction, and generate a freer and firmer Subſtance.

I ſhall now ſet down what Food, Drink and Preparations are agreeable to the Stomachs of ſick and languiſhing Perſons: And firſt of

Milk.

Which is an incomparable Food, and the beſt way for weak conſumptive People to eat it, is Raw.

Take what quantity of Milk you pleaſe, let it ſtand open to the Air one Hour or two, then skimm off the Top of it, and eat it with well bak'd Bread; neither toaſt your Bread, nor warm your Milk; except the weather be cold, and then you may make it blood warm, but then do not toaſt your Bread: You may if you pleaſe, eat Bisket with your Milk, but

but do not eat too great a quantity at once: ſometimes you may mix a little Water with the Milk, and ſweeten it with good white Sugar: you may eat this three times aday, if you make it your ſole Food. Continue this ſix or eight Months at leaſt, and you will find great Benefit by it: for Diſtempers that have been many years generating, cannot be cured in a moment,

To prepare Milk with Wheat-Flower, an Excellent Way.

Take a quart of New Milk, after it has ſtood five or ſix Hours from the time it was milk'd, put to it a third part of River or Spring Water, ſet it on a clear fire; then take ſome Wheat-Flower, and temper it with either Water or Milk into a Batter, and when the Milk is ready to boyl, put in your Thickning, and ſtir it a while; and when it is ready to boyl again, take it off; then put as much Salt and Bread to it as you pleaſe, then let it cool without ſtirring it, and it will eat much ſweeter: Two ſpoonfuls of Flower is enough for a quart of Milk and Water, make it about the thickneſs of ordinary Milk-pottage. This keeps your Body in excellent Temper, neither binds nor looſens too much, and it never tires nor clogs the Stomach.

Another way.

Take a Quart of Milk and a Pint of Water, add to it as much Oatmeal as you pleaſe to have it of Thickneſs, Thin is beſt. Set it on a clear fire, and when it begins to boyl, take it off, and brew it in two Porringers eleven or twelve times, then ſet it on the fire again, and when it begins to boyl take it off, and let ſtand a little, and the large Oatmeal will ſettle to the Bottom; then add Bread and Salt

Salt to it, and eat it when it is blood warm: this is an Excellent Food, agrees well with weak Natures, and affords firm Nourishment. And if you add at any time to this a new-laid Egg or two, beaten with your Thickening, and put it in as aforesaid, it will make a rich Dish.

If you would add Eggs to Milk-pottage, first put your Milk and Water into your Sawce-Pan, take a spoonful of ground Oatmeal, and beat it up with your Egg or Eggs, with either a little milk or water, and when it is ready to boil, stir it in, as in flower'd milk, and then you need not brew it; put a little Bread and Salt to all your milk meats, but no Sugar be sure: This is a Substantial and Friendly Food. Observe that Milk is best the first half year after the Cow hath Calv'd, but not so good after taking Bull, or Conception. Milk boil'd by it self is not so good, as when mixt with Oatmeal, Flower, or Water as aforesaid, being not of so cleansing a quality: the best time to begin Milk-Diet I think is about *March* or *April*.

Of Furmety, viz.

VVheat and Milk are in themselves two good things; but ordered with Sugar, Spice, *&c.* is not at all to be commended, nor near so good as Milk, Flower and VVater; the same is to be understood of VVheat butter'd and spiced.

Of Boniclabber.

Boniclabber is made by letting your Milk stand till it sowers, which will be in Twenty-four hours, if the weather be very hot. It has a pleasant sowerish Taste, and must be eaten only with Bread, especially by Consumptive People. It is Excellent against Stoppages, and it's easie of Concoction, and digests

igests all hard or ſweet Food; it cools and clean-ſeth the whole Body, and quencheth Thirſt to a wonder, it is the beſt Spoon-meat for Conſumptive People that I know. And though it may not be ſo agreeable to the Pallat at firſt, yet a little Cuſtom will make it familiar and pleaſant.

Of Water-Grewel.

This is good for Conſumptive People, and is made as followeth. Take a quart of Spring or River Water, put to it two Spoonfuls of Oatmeal, then ſtir it well together, ſet it on the fire, and when it is ready to boil, take it off, and brew it out of one thing into another; then let it ſtand, and the greateſt Oatmeal will ſink to the Bottom: then pour it off, and add Bread and Salt to it, and Butter if you pleaſe, then eat it when it has ſtood till it is blood warm. This is an Excellent ſort of Food.

Obſerve that Milk boiled, is nothing ſo good as either Raw or Scalded.

An Excellent Food for all ſorts of People, but more-eſpecially for Children and ſick People.

Take a quart of Water, two Spoonfuls of Wheat-flower, and two or three Eggs, beat the Flower and Eggs together with a little water, and when the water begins to boil, ſtir in your Thickning, and keep it ſtirring till it is ready to boil; then take it off, and put Bread and Salt to it, when it has ſtood till it is blood warm, eat it; you may put ſome Butter to it, or an Egg if you like it beſt: This is an incomparable Food for all ſorts of people, it breeds good Blood, opens the Paſſages, ſweetens the Blood, prevents windy Diſtempers and griping Pains; it is next to Breaſt-milk for Children, and it is excellent for Conſumptive People, if they keep to it four or five

months or more, and eat nothing elſe, and drinking three or four Glaſſes of good Ale; let them uſe gentle Exerciſe, and moderate Cloathing, and good ſweet hard Beds. This, and all other Spoon-meats made thin, are beſt.

Flummery

Is thus made. Take three Spoonfuls of Oatmeal more or leſs, and put to it a convenient quantity of water, then let it ſtand till it begins to be ſoweriſh, then take this Water and Oatmeal, and put it into a Veſſel, ſtirring it, and making it boiling hot with a quick fire and when it does begin to riſe, brew it to and fro with your Ladle to keep it from boiling; this do about four or five minutes, then take it off the fire, and it's prepar'd. Some eat it with Ale, others with Cream, Milk, and the like, but I think it moſt beneficial to be eaten with Bread only. It removes Obſtructions, ſtrengthens the Stomach, cools the Body, openeth the Paſſages, and is excellent good for Breakfaſt in all hot Climates: This is good more eſpecially for weak Stomach'd People, and thoſe whoſe Breaſt, and Paſſages are obſtructed by tough phlegmy matter.

Another way to make Flummery.

Take two or three Spoonfuls of Oatmeal, more or leſs, and put to it a convenient quantity of Water, and let it ſtand a day more or leſs; then pour off that water, and put on freſh four, five, ſix, ſeven, eight, nine or ten times; letting each water remain on your Oatmeal a certain time, then they take it off, boil it up, ſome mix it with Cream, and what they pleaſe. But this way is not near ſo good as the former.

Of Bread.

The beſt ſort for ſick People, is that which is made of Wheat-flower, but not too fine dreſſed; for then it will be dry and husky; and your Leaven'd Bread is much better than that made with Yieſt; you may make it after this manner. Take what Flower you pleaſe, make a hole in the middle of it, break then your Leaven in; take as much blood-warm Water, as will wet about half your Flower, mix the Flower and Leaven well together, cover it with the remaining Flower cloſe; this do in the Evening, and by Morning the whole will be well Leavened: then add ſome more blood-warm water as is ſufficient, and knead it up very ſtiff and firm, the more pains you take, the better: when you have ſo done, let it lie warm by ſome fire, near two hours, till the Oven is ready, then bake it, but let not the Oven-mouth be cloſe ſtopp'd, that the Air may have more or leſs Egreſs or Regreſs. But the beſt way is to make it into thin Cakes, and bake them on a Stone, with a Wood-fire under. Of Rye, Barley, Oats, you may make Cakes after the ſame manner; put no Salt into your Bread.

Of Butter

Butter affords good Nouriſhment; the beſt that is for the Stomach, is made from *May* to *Auguſt*: It's very wholeſome, if eaten moderately with Bread, or with Herbs, Roots or the like. Take good Butter and melt it thick, and put it to your Herbs, as you do Oyl, and it eats as well and pleaſant, and can ſcarce be diſtinguiſhed from Oyl: this I believe a great many may have cauſe to thank me for: all Butter ought to be well ſeaſoned with Salt.

Cheeſe.

Cheeſe

Affords good Nouriſhment, for healthy, working People, if eaten with good ſtore of Bread, and a Cup of good Drink be not wanting. It is altogether as nouriſhing as Fleſh; it is clean, and of a ſtronger, firmer Subſtance, and digeſts a Cup of Drink better: and he that lives on Bread and Cheeſe, intermix'd now and then with ſlower'd Milk, Water-Grewel, Milk-pottage, and Raw Sallads, ſeaſoned with Vinegar, Salt and Oyl; and drinks good ſound Ale and Beer not over ſtrong, ſhall exceed in Health and Strength him that lives on Bread and Fleſh, and drinks the ſame Liquor.

Of Puddings.

The beſt way of making them is thus. Take Milk and Water, Wheat-flower, and Eggs, of each a convenient quantity, and put a little Salt in; beat them well together, put this Batter into your Bag, boil it in good ſtore of Water, your Potlid off, and over a quick clear fire; when boil'd ſufficient, take it off, butter it, and eat it. Bak'd Puddings are not ſo good.

Of Eggs, and their beſt way of Dreſſing.

They are an Excellent Food, friendly and innocent in Operation. Dreſs them as followeth.

Let your Eggs be boiled ſoft, then break the Shell and put them into a Diſh, and let them ſtand till they are Blood-warm; then with Bread and Salt only eat them: A ſtrong Stomach may eat them with Bread and Butter ſpread upon it, not melted. Or you may boil them hard, then piſl off the Shell, and eat them with Salt, Bread and Vinegar;

negar. Poaching is a very good way. Take an Egg, a ſpoonful of Wheat-flower, and beat it well together, then put it into a Pint of Water boiling hot, ſtir it together; then take it off, and eat it with a little Bread, Salt and Butter, and it will make an excellent Meal. Eggs in a Morning ſupp'd off raw, and Bread eaten after them, is very wholſome.

Of Pyes.

Pear and Apple-pyes are wholeſome and healthy Food, if the Fruit be thorough ripe, and made as they ought to be: The beſt way is thus.

Take good Wheat-flower, make it into a Paſte with a little Leaven or Yeaſt, with Milk and Water, or blood warm Water only, then put it in your Apples or Pears, and if you pleaſe add ſome Carraway or Fennel-ſeeds. In baking, let the Oven ſtand almoſt open, that ſome Air may come in. When baked, draw them, and cut holes in the top, that the ſulphurous Atoms, and fiery Vapours may paſs away, eat them not hot, for they are much better cold. Apples raw and ripe, eat with Bread, ſometimes are wholeſome; and ſo are Peaches Plumbs, Gooſeberries, Currants, Apricocks and the like, very good Food eaten with Bread, ſometimes. And obſerve by the way, that hot Bread ought not to be eaten, for it is very injurious to the health; and your Bread ought to ſtand two days before you eat it.

Of Raiſins.

Raiſins is a good ſort of Food, if rightly uſed; but I think we might well be without them, though they have their uſes: For being eaten with Bread, they'll make a wholeſome Breakfaſt or Supper. As for Currants, they are of little worth to any perſon beſides

beſides the Seller; nor any other ſort of Outlandiſh-Spices, unleſs they be uſed phyſically. The ſame may be ſaid of Brandy and other Spirits, which often proves profitable, taken in a phyſical way: But is of fatal conſequence, when drunk at every turn.

Of Oyl.

It is of a brave nouriſhing clean nature, and friendly to moſt Conſtitutions: It is very proper to be eaten with Herbs and Fruits. Bread and Oyl make a delicate Breakfaſt or Supper; for it cleanſeth the paſſages, breeds good Blood, and is eaſie of concoction. With Fiſh it is very good, more eſpecially with Salt-fiſh; for it allays the fierce keen property of the ſalt, and ſweetens the lean body of the Fiſh; for theſe purpoſes it is better than Butter. Obſerve that toaſted Bread is not ſo good as cold Bread. Olives are not ſo good as Oyl, nor ought to be frequently eat, for then they obſtruct the Stomach, and Paſſages. The beſt way of eating them is with Bread only; but we might as well be without them.

Of Sugars.

Sugar is an excellent rich Fruit, but in my opinion fit only to be taken phyſically, and not at every turn to be mixt with our common Food and Drinks, the uſe whereof, makes it of evil conſequence, particularly all ſweetned Drinks and Food, forward the Generation of the Gout, and other Diſeaſes of the Body, which ſimple innocent Food would prevent, if Temperance be but obſerv'd: But if Sugar be uſed in Milk-meats for Old people, it may prove beneficial, but I thing to none elſe.

Of

Of Sugar-Candy.

It is made thus: Firſt they boil it as high as other Sugars, then out of the Pans they take this Syrup, and put it in an Earthen Pot; then they ſet it in a hot Stowe, there to ſtand 9 or 10 days; in that time the fierceneſs of the ſulphureous heat coagulates it into an hard tough ſubſtance, then you take it out from the Syrup, and put the Candy or hard Lumps into the Stowe again, but made about 2 or 3 degrees hotter, where it muſt remain 9 or 10 days longer, and then 'tis done.

There is two ſorts of it, one White, the other Brown, but they are both of one nature and operation; they are much made uſe of for Coughs, Colds and Stoppages, which in my opinion there is nothing more contrary and burthenſome to Nature in ſuch caſes than this very thing, and therefore ought to be abandoned; for in truth the beſt Food for thoſe that are invaded with theſe Colds, &c. are thin briſk Grewels and Pottages, made as I have taught before; alſo good raw Sallads with Bread and Oyl, but eat Oyl ſparingly: likewiſe Bread and Butter, and all ſorts of lean Food, light of digeſtion; and for Drinks, Water and Rheniſh-wine, Toaſt and Water, or Water and White-wine, two parts Water, and one Wine, or good ſmall Ale with moderate exerciſe and cloathing, walking in the open Air ſometimes, which will gradually cleanſe the paſſages, and open all Obſtructions, and ſoon remove theſe Diſtempers.

Of the Occaſion of Colds and Coughs, and of their Cure.

Coughs and Colds are produced by intemperance in Meats, Drinks, Exerciſes and Habits, or by eating or drinking too much in quantity, and things of a contrary quality, or improperly prepar'd, and not from

from thin cloathing, as many imagine: for if the inside be ſound and clean, there is little danger of outward Inconveniencies. The beſt way to prevent outward Colds, and the Evils that happen through thick and thin Cloathing, and by heats, ſweatings, and the like, is to change your Cloaths often. As for Example: Put on when you ſtay at home in a morning one ſort of Cloaths, and when you go out, put off your Cloaths to your Shirt, and put on freſh and cold Cloaths, and again at night pull off them to the Shirt, and put on the others. And for thoſe that ſweat much by their labour, let them pull off all their Cloaths, Shirt and all, and put on freſh Shirts, and cold Cloathing; and for thoſe that overtravel themſelves, let them do the like; but obſerve that both ſit ſtill a while, before they either eat or drink.

Obſerve farther by the bye, that Pruens, Figs, and Nuts, and Almonds, and many other ſuch like things, ought not to be eaten at all, except only with common Bread, or in a Phyſical way, in opening Drinks. Alſo Candied-Gingers, all ſorts of Conſerves, and Preſerves, and all Confections, Hodge-Podge, Cakes, Buns, are very prejudicial for, and obſtruct the Paſſages, generate Crudities, ſpoil the Stomach, and prepare Matter for a multitude of Diſeaſes.

Of Canary.

Canary is an excellent cordial Liquor; eat a good piece of Bread, and drink a Glaſs of Canary after it, and it will make a rich meal. It is in my opinion the beſt Cordial an Apothecary has in his Shop, for any man in time of Diſorder and Sickneſs.

Of

Of Sherry.

It is a fine cordial Wine, as good for common Drinks as Canary, being mixt with Water, it begets Appetite, cleanseth the Passages, and helps Concoction; it purges by Urine more than Canary: But this, as all other Liquors, must be drank with discretion and temperance, and not too frequent.

Of White-wine.

White-Wine is an excellent cleansing Liquor, it begets Appetite, and purges by Urine; but let it not be too frequently drunk, left it indispose the body, by putting it into an unnatural Flame.

Of Rhenish-wine.

Rhenish-Wine is an excellent cleanser of the Stomach, somewhat a-kin to White-Wine, it begets Appetite, and helps Concoction.

As for Old-Hock, esteem'd by some, it is the most prejudicial of any Liquor, and therefore ought to be forborn.

Of Claret.

Claret is a good Stomach-Wine, moderately drunk; it helps concoction, and begets appetite; it is the best of Wines for those that eat abundance of Fat-flesh, and Succulent Foods: But it purges not by Urine so much as White. Take notice that this, as all other Liquors, are not to be frequently used, for then they are prejudicial; but a Glass of Claret, or a Dram of Brandy, or the like, are good Cordials when you have eat too much in quantity of any Foods, too foul or gross in quality.

Of

Of Cyder.

Cyder if well made and fermented, is a fine brisk Liquor, and altogether as good as Claret or White-Wine, and perhaps better for *Engliſh* Bodies, if drunk temperately. Note, that no Cyder ought to be kept above one year, if you regard your health.

Of Mum.

Mum if temperately drunk, is very wholeſome for melancholly Flegmatical people, and for thoſe whoſe Food is coarſe Bread and Cheeſe, Flower'd Milk, Herbs, and Lean Pottages; but I think it not near ſo wholeſome as well brewed Ale.

Of Coffee.

Coffee ought to be uſed only in a Phyſical way by them that are troubled with Fumes and dulling Vapours that fly into their heads: it is likewiſe good after hard Drinking, Wearineſs, Labour and Faſting: but for others, I think it beſt to forbear it: Yet a Diſh will do no man harm.

Tea

Is an innocent harmleſs Liquor, that purges by Urine, and is of an opening Quality; but it is not comparable to an Herb call'd Dandelion; which being infuſed in boyling hot Water about half an hour, and then pour the Liquor from the Herbs, and ſweetned with White Sugar, is a much better Drink. It purgeth by Urine, and cleanſeth the Stomach. Sage, Penyroyal, Thyme or Mint, dried in their proper ſeaſon, and kept in Bags, make as good Liquor as Tea.

Of Sallads.

Take Sorrel, Parſly and Spinnage, Lettice, and ſome few Onions; then add ſalt, Vinegar and Oyl, a good quantity; if you cannot get Oyl, good Butter melted may ſerve as well, for it is ſcarce dicernable from Oyl; but let the Salt predominate. Eat Bread only with the Sallad, which is better than if you eat Bread and Meat, or Bread and Butter, or Cheeſe.

Another.

Take Sorrel, Lettice, Pepper, Graſs, Spinnage, Tops of Mints, and Onions, ſeaſoned as before.

Another.

Take Sorrel, Lettice, Cellery, Spinnage, Onions, and Endive ſeaſoned as before.

Another.

Sage, Mint, Penyroyal, Balm and ſome Lettice and Sorrel; eat them as before: This is brave Sallad.

Another.

Young green Buds of Coleworts with Onions, is a good Sallad, ſeaſoned as before.

Another.

Taragan, Nettle-tops, Penyroyal, Mint, Parſly, Sorrel, Lettice, and Leaves of Coleworts eat as before, is an excellent Sallad, if ſeaſoned to the higheſt degree.

A Sallad for Winter.

Parſly, old Onions, Endive, Cellery, Lettice, Sorrel and Colewort-plants, Seaſoned with Salt, Oyl and Vinegar, is an excellent warming and cheriſhing Sallad.

Another.

Take Cellery, Endive, Spinnage and Lettice, and half a head of Garlick in it, ſeaſoned with Salt, Vinegar and Oyl, this is a brave Sallad. Sallads are good at all times, but moſt proper from end of *January* to the 1ſt of *July*: Then again from *September* till *December*; and indeed all Winter, if the Weather be open.

In Spring.

Spinnage, Corn-ſallad, Nettle-tops, and the Buds of young Cabbage, and others the like nature, being boil'd, is an excellent corrective to them that eat Fleſh-meat; they looſen the Belly, and open Obſtructions. In *April*, *May* and *June* eat Spinnage, Parſly, Lettice, Mint-tops, Borage, Scurvy, Dandilyon, Comfo[illegible] and the like, boil'd in plenty of Water over a [illegible]k Fire; add to them Butter melted, and ſome Salt; then eat with Bread, or Bread and Fleſh is good Food.

The beſt way to make Herb-Pottage.

Smallage, Clivers, Watercreſſes, Elder-buds and Nettle-tops; put Water to them proportionable to your Herbs; then add Oatmeal as much as you think fit to leave it in thickneſs: when the Water is ready to boil, put your Herbs in, cut, or uncut; then when it is again ready to boil, take a Spoon or Ladle and lade it, ſo that you keep it from boiling; do this

eight

eight or nine minutes, then take it off and eat it blood-warm, with the Herbs in it, or ſtrained; adding a little Butter, Salt and Bread, This is an admirable cleanſing Sallad.

Another.

Spinnage, Corn-ſallad, Tops of Pennyroyal and Mint, ordered and eat as before.

To make the beſt Herb Diet-drink.

Suppoſing your Herbs well gather'd, and dry and kept in Bags; take what Herb you think fit, put it in a Linnen Bag and ſteep it 7 or 8 hours in Beer, Ale, or Wine, or other Liquor, and then take it out, and it is done: Let not your Wormwood be ſteep'd above three or four hours; obſerve that one ſort of Herb by it ſelf is much better than Compounds.

To prevent the Scurvy.

Eat not Meat and Drinks too ſtrong for Nature, for Nature ought to be ſtronger than the Food. Meat and Drink ought not to be eat that are of a contrary Quality to the Conſtitution. Have a care of eating to Fulneſs, or to Exceſs.

Take care that your Victuals be in all reſpects properly prepared, for ſome will but half doe it, others over doe it.

Let all ſorts of Fleſh and groſs food be boiled in plenty of Water, and over a brisk fire. Forbear eating too much fleſh. It is moſt unwholſome in *July*, *Auguſt*, *September*, *October*. Forbear eating too much Fiſh. Remember you eat not before the former Food be digeſted. Drink moderately; let your ordinary Drink not be hard, ſtale, nor ſowre, nor too new. Let your Clothing be moderate. Let your

Houſes be airy, your Beds hard, clean and ſweet; uſe proper Exerciſe and Labour in open airy places; take Walks often by River-ſides, or on Plains and Downs; obſerve the Rules of Chaſtity, avoid all compounded Foods; avoid Carking Cares, Hates, Revenge, Envy, Violence, Oppreſſion; keep a good Conſcience, for that's a continual Feaſt: Hearken to the Voice of Wiſdom, and the Dictates of Reaſon and Nature, and that will bring thee to endleſs Felicity.

An Excellent Poultice,

Which cures ſcalded Limbs, Burns, Boils, Fellons, Tumors, proceeding from choler, phlegm or melancholly. It alſo cures all Contuſions, Inflammations or Bruiſes, either with, or without a Wound; old Wounds, Ulcers, or running Sores: Excellent alſo againſt the Gout, and Inflammation of the Eyes; admirable againſt ſore Breaſts, and Bites of Dogs, or any other hurt of what kind or nature ſoever: which is thus.

Take two Pints of Water, River, Rain, or Spring; then take as much ground Oatmeal as will make it thick, fit for a Poultice; add to it two Ounces of good Sugar, a handful of Dandelion cut ſmall, then place it over the fire in an open and convenient Veſſel, keep it ſtirring till it is boiling-hot, and then it is made.

Another.

Take about a Quart of Water, then take as much Houſhold-bread as will make it thick, and three Ounces of beaten Raiſins of the Sun, and one Ounce of Sugar, and about half a Pint of new Ale; ſtir

ſtir all together, and make them boiling-hot over a clear fire, and it's done,

Another.

One quart of Water, as much Bread as will make it Thick, Five Ounces of Raiſins of the Sun, and one Ounce of Coriander Seeds, beaten with a Glaſs of Ale, made boiling-hot, and then it is prepared.

Another.

One quart of Water and Bread, to make it as thick as a Poultice; of Sugar two Ounces, a Glaſs of Sack, or for want of that, other Wine, make it boiling-hot. Apply theſe Medicines to the Part afflicted, by ſpreading the Poultice pretty thick on a Linnen Cloth, that will cover the whole part, ſomewhat warmer than milk from the Cow; but let it not be ſo hot as is uſual, for Extreams prove generally prejudicial. Apply theſe Poultices every two hours at leaſt in the day, and three or four times in the night, if the Wound be dangerous; otherwiſe ten times in a day and a night will do: when you take the Poultice off, put that away, and put a freſh on every time, and keep a conſtant Repetition for 4, 5, 6, 7, 8, 9, 10, or 11 days, if occaſion be; but it will cure moſt Diſtempers in leſs time, if you obſerve this method: But be ſure waſh your Sores 'twixt whiles, with Water and Sugar, and ſometimes with Water and freſh Butter beaten together, which will keep it clean and pliant.

How

How a Man may Live for Two Pence or Three Pence a Day very well.

A Man in the Countrey may Live Plentifully for Two Pence a Day; for in many Countries you may have Two quarts of milk for a Penny, to which add a Pint of Water, and not half a penny-worth of Flower, and make it into Flower'd-milk, according to our Directions, and you will have a Noble Dish, sufficient for Four People, and this ſtands but in Three-half-pence; eat ſome Bread with it, and there is no Victuals affords better Nouriſhment, and that to all Ages, but eſpecially young people. The like is to be underſtood of other Foods, where every one obſerves his time of eating, and his weight or meaſure of Food, and a great Trouble and Diſeaſe will thereby be avoided. As to Quantity of other Foods, we ſuppoſe that Sixteen Ounces, of Food, to wit, Bread, Cheeſe, Butter, and Eggs, may be ſufficient Twenty-four hours for a laboring man, and the beſt time for eating, we ſuppoſe to be about Eight in the Morning, and Four in the Afternoon.

If the Food be Flower'd-milk, then a Pint of it, and four Ounces of Bread and Butter or Cheeſe, is ſufficient: If Water-Grewel or Pottage, a Pint and four Ounces of Bread and Cheeſe: If Raw Herbs, the ſame; but if Flower'd-milk with an Egg in it, Three Ounces of Bread and Butter or Cheeſe, will be ſufficient.

If you eat Raw Sallad, weigh only your Bread, and about Five Ounces will be ſufficient, with an Ounce of Cheeſe or Butter to eat after your Herbs. As for Puddings, Apple-Pies, and the like, I leave every ones Diſcretion, but you muſt be ſparing and temperate.

As

As for Drink, Water has the first place; a quart of Water mixt with two Spoonfuls of ground Oatmeal, and well brew'd together, Ten or Twelve times out of one Porringer into another, make an Excellent Drink, and in Summer-time 'tis very pleasant. In Winter-time if you make it blood-warm, it will drink well; milk and water is an Excellent Drink. Thus you see a Small Matter sufficeth a Moderate Man.

How the Poor may Subsist well these Hard Times for Two Pence a Day, and Less.

Take a Peck of good Wheat-flower, make half of it into a Loaf, the other half keep for to do as followeth. Put to a quart of Water a spoonful or two of Flower, and make it as we before directed you to make Milk-pottage; eat the Bread in quantity, so much as that it may last till your Pottage is spent. This is an Excellent Food, and affords good Nourishment; and by this, the Poor may Subsist well these Hard Times for less than Two Pence a Day.

If you put a Quart of Milk, and [illegible] of Water, a Spoonful of Flower, and order it as before directed; it will be Excellent and Pleasant Food.

Another Cheap Way for the Poor.

Take a Pint of Pease, and put to them Three Quarts or a Gallon of Water, let them stand on a slow Fire two Hours, but let them not boil: then take an Onion and a little Sage shred well, and put into the Pease, and stir them a little; then take a Spoonful of Flower or Oat-meal ground, and beat it well together with a little Water, and

Put

[illegible], and then let your Pottage boil up [illegible] put a little Salt to it. Eat with th[illegible] [illegible]read, and you will find it an excellen[illegible] [illegible] and pleasant Food.

To take Ink out of Paper.

[illegible] *Aqua-Fortis*, and dip a little of it upon th[illegible] [illegible] Writing you would take out, and imm[illegible] [illegible] it will disappear; then take a little Wate[illegible] [illegible] Allom, and wash it over with it, and whe[illegible] [illegible] will make it look as clear and white as a[illegible] [illegible]therwise, the *Aqua-Fortis* alone will make [illegible] [illegible]tain.

How to Bottle Cyder.

[illegible] *March* Bottle your Cyder, and if you put in a [illegible] [illegible]alf a Spoonful of Spirit of Clary, it will make [illegible] [illegible] so perfectly resemble the best Canary [illegible] few good and exercis'd Pallats, will be able to [illegible]inguish it.

How to make Copper- look as well as the Best Silver.

Take [illegible] *Tarta* two Drams, the best Leaf-Silver [illegible] Dra[illegible] *Aqua-Fortis* four or five Drops: make [illegible] into a Pa[illegible] and rub it on your Copper, an[illegible] [illegible]mediately it will look well.

F I N I S.

*** *Lithgow*'s Nineteen Years Travels through the [illegible]ost Eminent Places of the Habitable World. Con[illegible]ining an Exact Description of the Customs, Laws, [illegible] Policies, and Government of Emperors, [illegible] Princes; also of the Countries and Ci[illegible] [illegible], Rivers, and Commerce in all Places [illegible] [illegible]avell'd, &c. Printed for *George Conyers* [illegible] in *Little-Britain*.